

PRAYER & STUDY GUIDE

*The Power of a*  
**PRAYING<sup>®</sup>**  
*Wife*

STORMIE  
OMARTIAN



HARVEST HOUSE PUBLISHERS  
EUGENE, OREGON

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## **THE POWER OF A PRAYING® WIFE PRAYER AND STUDY GUIDE**

Copyright © 2000, 2014 by Stormie Omartian

Published by Harvest House Publishers

Eugene, Oregon 97402

[www.harvesthousepublishers.com](http://www.harvesthousepublishers.com)

ISBN 978-0-7369-5755-7 (pbk.)

ISBN 978-0-7369-5756-4 (eBook)

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**Printed in the United States of America**

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# How Do I Begin?

Welcome to this great adventure of becoming a praying wife. Don't worry if you have mixed emotions during this process. We all do. It may not be easy, but it will be rewarding. That's because *prayer works!*

## What You'll Need

This *Prayer and Study Guide* is divided into a 31-week plan for use in personal or group study. You will need to have the book *The Power of a Praying Wife*. You will also need a Bible. Make sure the Bible you have is one you are not hesitant to write in.

## About Your Answers

The questions in this study are sometimes very personal, and your answers should be completely honest. Therefore, keep this book in a private place. If the answers you need to write down are lengthy and have the potential to be hurtful to other people, write them in a separate notebook that you can keep private or destroy later. Your answers are not for anyone else to read or for you to be tested on. They are to help you see the truth and be able to think clearly about each area of prayer focus. They will assist you in determining exactly what you and your husband's prayer needs are, and they will show you how to pray. Try to write something for each question or direction, even if it's only one sentence.

## How to Proceed

In group study, it's good to follow the order in this book so the group will have the same focus when it comes together each week. In individual study, don't feel you must continue in the same order if there are pressing issues you need to pray about right away. In every instance, however, "The Power" and chapter 1: "His Wife" must be the first chapters read before proceeding.

## In a Group

In group study, after you have read the appropriate chapter in *The Power of a Praying Wife* book and answered the questions in this *Prayer and Study Guide* on your own, the leader will bring the group together and go over each question to see what insights God has given you and the other women as they feel led to share them. Although you may or may not want to share personal information in the group, please share what God is showing you and speaking to your heart when you find this happening. It's good for you to say it, and it's helpful for other people to hear.

## For Clarity

When referring to God, the pronouns *Him* or *He* will be capitalized. When referring to your husband, the pronouns *him* and *he* will not be capitalized.

## How to Pray a Scripture

Frequently, you will be asked to write out a specific Scripture as a prayer over your husband. To help you understand how to do that, I have included an example of how I pray Ephesians 1:17-18 over my husband. Look it up in your Bible, and then see what I have done below:

Lord, I pray that You, the God of our Lord Jesus Christ, the Father of glory, will give to *Michael* the spirit of wisdom and revelation in the knowledge of You, so that the



eyes of *Michael's* understanding will be enlightened; so that *Michael* will know what is the hope of his calling, that *Michael* will know what are the riches of the glory of Your inheritance in the saints.

### What If My Husband Doesn't Know the Lord?

The Bible says a husband and wife are one, and an unbelieving husband is sanctified by the believing wife. Because of this, the wife of an unbelieving husband can pray all the same prayers and speak the same Scriptures over him as a wife could over a believing husband, and expect to see answers to prayer. The most important and ongoing prayer, of course, is that your husband's eyes be opened to the truth of God and he be led to receive Jesus as his Savior.

### Your Role

Your role is to become an intercessor for your husband. *An intercessor is one who prays for someone else and makes possible the ability of that person to respond to God.* What a great privilege to be used by God in that way!



## WEEK ONE

Read “The Power” and chapter 1: “His Wife”  
from *The Power of a Praying Wife*.

Remember as you answer the following questions that God already knows the truth. He is not going to be shocked or disappointed in your answers, so don't you be either. Don't condemn yourself for the areas where you need improvement. We all have them. Simply take each question before the Lord and ask Him to show you the truth and help you become the woman and wife He wants you to be. Believe me, I know how hard this chapter is, but when you get through it, the rest will be easy. What happens to your heart here will pave the way for success in seeing answers to your prayers.

1. Read Matthew 19:3-6 in your Bible. Underline verses 5-6. Do you believe that you and your husband are one in the sight of God? Are there places in your marriage where you and your husband are not working together as a team? List those areas. Write out a prayer asking God to make you and your husband more unified in these specific areas. Ask Him to show you what you can do to facilitate that unity.

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2. Read Luke 10:19 in your Bible and underline it. You don't have authority over your husband, but whom *do* you have authority over?

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3. God has given you the authority to take a stand against any negative influence in your marriage. Is there any area in your marriage where you see that the enemy has gained—or is trying to gain—a stronghold? Write out a prayer asking God to break down that stronghold.

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4. Are there any places in your marriage where you feel hopeless? List these below. Bring them before the Lord and confess your hopelessness. Remember, confession is not to make you feel condemned; it's to help you acknowledge your error before God so He can free you from it, and so the devil can't paralyze you with it. Write out a prayer asking God to give you the faith you need to believe that He is your hope and will answer your prayers.

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5. Read Joel 2:25. What things do you see depleting life out of your marriage? What does God promise He will do when things have been eaten away from our lives?

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6. Do you believe in God's ability to heal wounds? To renew love in your heart? To restore your marriage relationship to all it should be? Why or why not?

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7. Read Matthew 10:39. Do you trust God enough to answer His call to lay down your life in prayer for your husband? Why or why not? If not, write a prayer asking God to help you trust Him enough to make this commitment.

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8. Read Matthew 12:25. Is there any issue over which you and your husband are seriously divided? How do you feel about it?

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9. Do you have any anger, unforgiveness, hurt, or disappointment toward your husband? Explain why. Even if you have good reason for feeling the way you do, write out a prayer confessing those negative thoughts as sin and ask God to set you free from them. I know this is hard if you feel justified in your feelings, but this prayer of confession and repentance must come first before you can begin praying for your husband with a right heart and see answers to your prayers.

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10. Do you ever feel like you don't want to pray for your husband? Explain why. Write out a prayer asking God to help you desire to pray for God's best to be poured out on your husband. (This may be a prayer you have to pray every day for a while, so don't worry if you haven't sensed an immediate answer.)

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11. Is there anything for which you need to ask your husband to forgive you? Ask God to show you if there is anything for which you need to repent (an attitude, an action, or an area of neglect). As He reveals it, write it down. Then write out a prayer asking God to give you the courage, strength, and humility you need to ask your husband for forgiveness and to communicate your love for him and a desire to change. I know this is hard, but someone has to start taking steps that lead to healing and wholeness.

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12. Tell your husband you are going to start praying for him every day in a new and powerful way that the Lord is showing you, and ask him to share with you any prayer requests he has. Write down what his reaction was and what requests he shared.

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13. Do you see your husband as anything less than a beloved son of God? Explain. Write out a prayer asking God to help you see your husband through His eyes.

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14. Look up Proverbs 21:19. Are there any issues in your marriage where you find yourself registering the same complaint or criticism over and over? List those. Write out a prayer asking God to show you when to speak about each matter and when to just keep silent and pray.

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15. Is there any sensitive matter that you know you need to speak to your husband about, but you fear what his response might be? Write out your answer in a prayer asking God to show you what you should say and when to say it. Ask God to prepare your husband's heart to hear it.

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16. Read Psalm 62:5 and underline it in your Bible. Are there any expectations you have of your husband that he is not living up to? What are they? Write out a prayer asking God to show you where your expectations of your husband don't coincide with the reality of who he is. Tell God you will put your expectations on *Him* so *He* can meet your needs.

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17. Read Ephesians 5:33. Is there any area in which you have lost respect for your husband? Write out your answer as a prayer asking God to reveal ways you may have demonstrated a lack of respect for your husband. As He reveals them to you, ask God to restore that respect and help you see your husband the way *He* sees him.

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18. Read Galatians 5:22-23 and underline these verses in your Bible. Do you have any habitually negative ways of responding to your husband that need to be changed? What are these? Write them down. Ask God to give you revelation about this. Then write down next to them which fruit of the Spirit you need in order to eliminate that negative mind-set and habit of response.

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19. Read Proverbs 31:10-31. Ask yourself the following questions without expecting perfection:

Are you a trustworthy wife?

Yes \_\_\_\_\_ Need Improvement \_\_\_\_\_

Are you an asset to your husband?

Yes \_\_\_\_\_ Need Improvement \_\_\_\_\_

Do you work diligently to make a home in which he can be comfortable and happy?

Yes \_\_\_\_\_ Need Improvement \_\_\_\_\_

Are you careful and wise with money?

Yes \_\_\_\_\_ Need Improvement \_\_\_\_\_

Do you take care of your physical health and appearance?

Yes \_\_\_\_\_ Need Improvement \_\_\_\_\_

Are you a giving person?

Yes \_\_\_\_\_ Need Improvement \_\_\_\_\_

Are you prepared for the future?

Yes \_\_\_\_\_ Need Improvement \_\_\_\_\_

Do you make sure your family members have their needs met?

Yes \_\_\_\_\_ Need Improvement \_\_\_\_\_

Do you generally move in wisdom?

Yes \_\_\_\_\_ Need Improvement \_\_\_\_\_

Are you always loving and kind?

Yes \_\_\_\_\_ Need Improvement \_\_\_\_\_

Is your relationship with the Lord alive, intimate, growing, and strong?

Yes \_\_\_\_\_ Need Improvement \_\_\_\_\_

Without being hard on yourself, write out a prayer asking God to help you with each area in which you need to improve, and to enable you to become the wife He wants you to be.

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20. Pray the prayer on pages 41-43 in *The Power of a Praying Wife*. Include all the specific needs, desires, and hopes from your own heart.

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Whew! You got through chapter 1. If you are like me, you will probably have to keep referring back to this chapter whenever you find your attitude less than what it should be. For months I had to keep confessing my bad attitude every time I prayed for my husband, so don't feel badly if you have to do that, too. In fact, according to the mail I have received since *The Power of a Praying Wife* first came out, we are not alone in this. So don't give up, and you *will* see good results.